

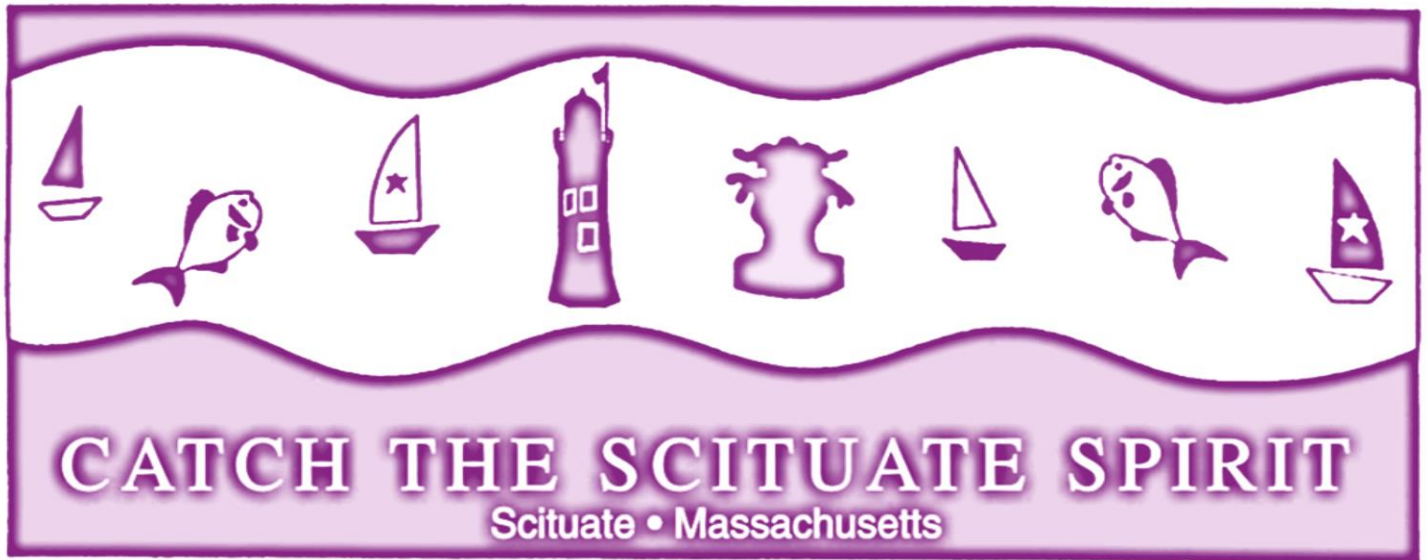
Scituate Recreation

~CATCH THE SCITUATE SPIRIT~

Spring, Summer & Sailing Program 2022

Online Registration

www.scituatema.gov/recreation-department



Spring and Summer Registration, Wednesday,
March 16th at 6:30 AM

Sailing and Maritime Adventures Registration,
Wednesday, March 30 at 9:00 AM

TOWN OF SCITUATE RECREATION DEPARTMENT



RECREATION DEPARTMENT LOCATION:
327 First Parish Rd.
MAIL: 600 Chief Justice Cushing Hwy.
Scituate, MA 02066

Monday-Thursday, 8:30am - 4:30pm
Friday, 8:30am – 11:45am
Phone: 781-545-8738

RECREATION STAFF

Maura Glancy, **Director** - mglancy@scituatema.gov
Nick Lombardo, **Assistant Director** - nlombardo@scituatema.gov
Kevin Devin, **Field Coordinator** - kdevin@scituatema.gov
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Sarah Inferrera, **Clerk** - sinferrera@scituatema.gov
Caitlin Fitzmaurice, **Office Staff** - recreation@scituatema.gov

RECREATION COMMISSION

Michael Connor, **Chairperson**
Matt Chase, David Mahery,
Sheila McCourt, & Jennifer O'Neill

Selectmen Liaisons:

Andrew Goodrich &
Anthony Vegnani

TOWN OF SCITUATE RECREATION DEPARTMENT

The Mission of the Scituate Recreation Department is to provide exceptional and creative programs, services and facilities (such as beaches, ball fields, gym facilities and playgrounds) that foster community spirit and involvement while enhancing the quality of life for all people in Scituate.

REGISTRATION DATES & DETAILS

- SPRING/ SUMMER PROGRAM REGISTRATION OPENS Wednesday, March 16, 2022 – 6:30am at WWW.SCITUATEMA.GOV/RECREATION-DEPARTMENT. SAILING/MARITIME ADVENTURES REGISTRATION OPENS Wednesday, March 30, 2022 – 9:00am.
- Mail-in registrations for residents will be accepted starting Thursday, March 17, 2022 – 12:00pm. Check or money order should be made payable to: Town of Scituate.
- Spring program registration for non-residents will open Wednesday – March 23, 2022 – 9:00am. Sailing + Summer program registration for non-residents will open Wednesday – April 13, 2022 – 9:00am. Non -residents may register for programs and be allowed to participate subject to space availability and will be charged an additional \$5.00 registration fee.
- PLEASE TAKE THE TIME TO SET UP YOUR FAMILY ACCOUNT BEFORE PROGRAM REGISTRATION OPENS. THIS WILL SAVE YOU TIME WHEN YOU REGISTER. PLEASE MAKE SURE YOU HAVE AN UPDATED EMAIL ADDRESS ON FILE FOR EACH FAMILY MEMBER IN YOUR PROFILE. WE USE EMAIL FOR PROGRAM UPDATES, NOTICES AND CANCELLATIONS.
- Should you be unable to register on-line at home, Scituate Recreation will be open to input your registration. However; there is no advantage to walking in. Thereafter, the Recreation Department will be able to help with registration concerns during our regularly scheduled hours.

POLICIES AND PROCEDURES

- 1) When registering for a program, full payment is expected. A minimum deposit of half of total amount is due at the time of registration and any outstanding balance must be paid before the program begins. If this is a problem, please call and make an appointment to work out a payment plan.
- 2) Need financial assistance...Just ask! We will be happy to schedule an appointment with the director &/or assistant director up to 10 days prior to registration.
- 3) The Recreation Department reserves the right to consolidate, postpone or cancel a program/trip for any reasonable cause.
- 4) **REFUND POLICY:** If notification of withdrawal is 2 weeks prior or more to start of class, a full refund will be issued (*minus a \$15 processing fee for programs under \$150. Programs \$150 + will be subject to a 10% processing fee*). If notification is less than 2 weeks prior to start of class, a credit will be applied to your recreation account minus the appropriate processing fee. Notification for withdrawal must be 48 business hours before the start of the program and received in writing; emails will be accepted. We maintain a NO REFUND policy within 48 business hours of the program start date and once it has begun. Waitlists do not negate this policy.
- 5) No confirmations are sent. Please note all information on your calendar. Please call us to confirm your mail-in or drop-off registrations.
- 6) Proper behavior in Recreation programs is expected at all times. We reserve the right to excuse a participant from Recreation programming as necessary.
- 7) The Town of Scituate Recreation Department does not provide accident or hospitalization insurance for any program participants. Therefore, all participants are strongly advised to have adequate personal coverage.
- 8) Extreme weather and power outages may result in program cancellations. Notification is not always possible.
- 9) Children under the age of 12 years must be checked in with the director by parent/guardian before drop-off to any Recreation program.

Scituate Recreation is dedicated to following MA State guidelines/restrictions to provide safe programming to all participants.

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Brochure will be updated periodically. Please check back for new details.



A Special Thank You – Mr. C's Soccer



Mr. C (Constantine Constantinides) is retiring after 33 years!

The Scituate Recreation Department would like to extend our sincere appreciation to Mr. C for his time and many talents. He will be missed!



**The instructional youth soccer program will now be hosted by South Shore Select Soccer Club.
Details under children's programs- pg. 5*

SPRING 2022



27th ANNUAL EGG HUNT



Sponsored by the Scituate Recreation Department. Saturday – April 16, 10:00am at Widow's Walk Golf Course. Children ages 3-6 (must be accompanied by an adult). NO REGISTRATION REQUIRED. Bring your basket and get ready for FUN and a surprise visitor!

CHILDREN'S & TEENS' PROGRAMS

MR. C's INSTRUCTIONAL YOUTH SOCCER HOSTED BY SOUTH SHORE SELECT SOCCER (Gr. K-1): SHS Softball Turf. Scituate Recreation, in cooperation with South Shore Select (SSS) Soccer Club, will host this instructional soccer clinic originally created by Mr. C. *This program is for children (Scituate Residents) entering Kindergarten and 1st Grade- fall 2022.* Please note: Game times vary each week between 1:00pm-4:30pm (1-2pm - Girls Only; 2:15-3:15pm - Girls/Boys; 3:30-4:30pm - Boys Only). The clinic will be under the direction of SSS Soccer with support of parent/guardian volunteer coaches. Please consider signing up to help. 5 weeks (NO CLASS 5/28). Rain date: June 11.



MANDATORY COACHES Meeting – Tuesday, April 26th at 6:45pm

Saturdays: April 30 – June 4

FEE: \$60

LITTLE PEOPLE PROGRAM (Ages 2-3): Room A101 @ Rec Dept. The Little People program has been offered successfully for over twenty-five years! This is a great opportunity for friendships to evolve as children ages 2-3, along with one parent or caregiver (no siblings), share in music dance, arts & crafts, as well as unstructured play. Instructors: Kelly Arevian & Kathleen Murphy. 8 weeks (NO CLASS 4/21).

Thursdays: April 7 – June 2

Session 1: 9:00am – 10:15am

Session 2: 10:30am – 11:45am

FEE: \$110/session

TOT SHOTS PRE-K BASKETBALL (Ages 3 ½ +): Veteran's Memorial Gym @ Rec Dept. This co-ed Pre-K introduction to basketball is designed to familiarize young athletes with basketball terminology while enhancing motor and social skills. It encompasses a "Building Blocks" style of teaching that allows drills to build onto one another as the player's progress. Young athletes will also be introduced to the concept of sportsmanship and a "team" atmosphere while enjoying basketball with their new friends. Please bring your own basketball (labeled with name). Coach Keven James. 6 weeks (NO CLASS 4/17).

Sundays: March 27 – May 8

Session1: 11:15am – 12:15pm

Session 2 12:30pm – 1:30pm

FEE: \$65/session

ON YOUR TOES W/ MISS TRACEY (Age 2-6): Room A102 @ Rec Dept. Come and join Miss Tracey for this beginner's dance program where participants will learn the basic movements while following along to music. Clothing suggestions: Leotard tights, ballet slippers and tap shoes (No tap shoes for 2 year old). Instructor: Tracey O'Brien, certified by Test to Teach. She is a member of DMA and DTCB. 8 weeks.

Saturdays: March 26 – May 14

Age 2(with parent) --- 9:30am – 10:00am

FEE: \$50

Ages 3-6 --- 10:00am – 11:00am

FEE: \$95

BEGINNER'S TUMBLING W/MISS TRACEY (Ages: 4-6): A102 @ Rec Dept. Children will learn the basics stretching, drills, mat tumbling, somersaults, back rolls, cartwheels and bridges. Props included are hula hoops, bean bags, and streamers! Instructor: Tracey O'Brien, certified by Test to Teach. She is a member of DMA and DTCB. 8 weeks.

Saturdays: March 26 – May 14 --- 11:00am -12:00pm

FEE: \$95

LITTLE KICKERS SOCCER (Ages 2-4) Recreation Field (Veteran's Gym if rain): *This program is geared toward children not eligible for Mr. C's Soccer.* South Shore Select (SSS) Soccer Club is offering this beginners soccer clinic. The program provides opportunities for children ages 2 to 4 to engage in a variety of soccer games. Classes are designed to create self-confidence, promote physical fitness, and help develop motor skills. Instructors: SSS Soccer Club. 6 weeks (NO CLASS 5/30).

Mondays: Session 1: April 25 – June 6 --- 9:00am-9:45am

Session 2: April 25 – June 6 --- 10:00am-10:45am

Fridays: Session 1: April 29 – June 3 --- 9:00am - 9:45am

Session 2: April 29 – June 3 --- 10:00am – 10:45am

FEE: \$85/session



KIDS SWIM (Ages 3-5): Scituate Racquet & Fitness Club. Beginner: Ratio 1 instructor to 3-4 students. **SKILLS LEARNED:** Blow bubbles with mouth and nose; Fully submerge face and head in the water; Front float with support; Back float with support; Enter and exit the water independently; Push off the wall and paddle for 5 strokes independently. 5 weeks (NO CLASS 4/19, 4/21).

Tuesdays: April 5 – May 10 ---9:30 am – 10:00 am

Thursdays: April 7 – May 12 ---9:30 am – 10:00 am

FEE: \$138/session

**KARATE: Instructor: Dan Reynolds
Room A102 @ Rec. Dept.**

KIDS KARATE (Age 6-8). For the beginning student, this is a fun, structured introduction to the art of Kung Fu/Karate. Great for development of self-esteem, balance, physical fitness and basic self-defense skills. Class includes stretching, exercises and playful games based on the fundamental principles of the art. 8 weeks (NO CLASS 4/18, 4/22).

Mondays: March 28 – May 23 --- 4:30pm – 5:30pm

Fridays: April 1 – May 27 --- 4:30pm – 5:30pm

FEE: \$95

JUNIOR'S KARATE (Age 9-13). Mixed martial arts, age appropriate. Following traditional Kung Fu/Karate. Incorporating striking, grappling, self-defense techniques, & fitness. 8 weeks (NO CLASS 4/20).

Wednesdays: March 30 – May 25 --- 4:30pm – 5:30pm

FEE: \$95

KARATE (Adults). See description under Adult Programs on page 10. 8 weeks.

Wednesdays: April 6 – May 25 --- 6:00pm – 7:15pm

FEE: \$100

BASKETBALL FUNDAMENTALS (Gr. 5-6, Gr. 7-8, Gr. 9-11): Veteran's Memorial Gym @ Rec Dept. This program intends specifically to teach BOYS AND GIRLS the fundamentals of basketball (shooting, passing and dribbling), offensive floor spacing as well as defensive positioning. WE WILL SHOOT A LOT. Proper shooting fundamentals will be the focus of a majority of the 60-minute weekly clinic as well as learning to properly space the floor offensively and defensively. If you want to take the necessary steps to become a player and understand that acquiring basketball skills requires a determined long-term plan then this basketball clinic is for you. Bring your own ball and a great attitude! Students will be divided into age appropriate groups. Coach: Matt Poirier. 5 weeks (NO CLASS 4/16).

Saturdays: April 2 – May 7 --- 10:00am – 11:00am

FEE: \$55

C.O.R.S.E. (All-Stars) PROGRAMS

Note: No Refunds issued 2 weeks prior to start of all programs due to staffing requirements.

All Stars provides recreation programs for ALL children, those with and without special needs who would prefer a less competitive atmosphere. Our programs are highly motivating within a structured setting to build skills in a particular physical and social activity while having fun! This more relaxed setting, along with a low student to staff ratio (3 to 1), offers the perfect opportunity for children with moderate special needs to participate in community programs alongside their friends and peers. For all CORSE-sponsored programs through Scituate Recreation: Each program has a 3:1 (student to staff) ratio, unless otherwise designated. This 3:1 student to staff ratio allows for most children with and without special needs to successfully access our classes independently, if the student can understand directions, be able to request assistance and have basic verbal skills to communicate with peers. If your child needs access to medications, please be aware that there is no nurse on-site. Parents are responsible for assuring the appropriate information is provided to the instructors. Instructors cannot dispense medication or perform testing. All staff, excluding volunteers, are certified in CPR. If there is an emergency, 911 will be called. If a parent/guardian believes that a program is not accessible to their child without reasonable accommodations and wants more information, please contact the Scituate Recreation Department. If you register your child within 10 days of the program start date, your child's start date may be delayed one week to ensure proper staffing and appropriate reasonable accommodations.

ALL-STAR KARATE (Gr. 1-8): Room A102 at Rec Dept. This program's goals are to help children improve balance and coordination; strength, physical and motor skills; self-defense; awareness and attention; and patience and determination. There will also be incorporation of the nationally renowned Gracie Academy Jiu Jitsu Bullyproof curriculum in which the instructor is certified. Students who would enjoy a less formal martial arts curriculum are encouraged to attend. Program is open to children in grades 1-8. Instructor: Dan Reynolds. 6 weeks (NO CLASS 4/18).

Mondays: April 4 – May 16 --- 5:45pm – 6:30pm.

FEE: \$60

ALL-STAR NAUTICAL MILE (Gr. 1-8) SHS Softball Turf / Veteran's Gym If rain Our very popular Nautical Mile program is back for the Fall and Spring, designed for ALL abilities to help improve your fitness level. Workouts will include a variety of training approaches from running intervals, aerobic exercise, stretching and core strengthening – customized to multiple ability levels - through a variety of fun exercises, games and teamwork activities. This program is designed as a non-competitive physical and social recreational activity for students who would enjoy a fun experience while building skills. Instructor: Brian Stewart. 6 weeks (NO CLASS 5/29).

Sundays: April 24 – June 5 --- 1:00pm – 2:00pm.

FEE: \$60

SPECIAL OLYMPICS of Massachusetts (SOMA) TRACK & FIELD: Program for Children over 8 who have been identified with a learning disability or special needs, Middle School and Adults. We welcome Peer Role Models to act as "unified partner" to assist SO athletes with training and competition. Program includes training in wheelchair, 25m assisted walk, 50m – 800m run and race walk, *Turbo Javelin, Long Jump, Softball Throw, Tennis Ball Throw.* A Regional Special Olympic (SOMA) competition date in May is yet to be determined. All you need is

sneakers, water bottle and a desire to run, jump, throw and have fun. Parent participation is welcome! Vinny Harte, Jay Brabazon and Margie Carr – SOMA Certified Track and Field / Athletics Coaches. Volunteers may be needed after protocols provided; High School Students and Adults. Contact Facilitator Margie Carr at: margiebcarr@gmail.com Practices as follows; Saturdays: March 26 – May 21--- 4:00 PM- 5:00 PM (SHS Track) / Wednesdays: March 30 – June 1--- 5:00 – 6:00 PM (Track at Recreation Field; 327 First Parish Rd- park off Cudworth) WEATHER PERMITTING. COVID protocols will be followed by SOMA. FEE: FREE (Must Register)

AFTERSCHOOL PROGRAMS

GUITAR for KIDS (Age 8-12): Room A103 at Rec Dept. Join instructor Kevin Griffin for an introduction to the guitar. This beginner class starts at tuning and stringing the guitar and will help students learn strum patterns, chords and notes with many exciting and enjoyable learning techniques. Please bring your own acoustic guitar and pick. 6 weeks (NO CLASS 4/20).

Wednesdays: March 23 – May 4 --- 4:30pm – 5:30pm

FEE \$95

GUITAR FOR KIDS- LEVEL 2 (Ages 8-12): Room A103 @ Rec Dept. Instructor Kevin Griffin continues where he left off in *Guitar for Kids*. Students will continue learning open chords and strum patterns and begin to learn bar chords and basic song structures. Taking beginning guitar is not necessary but a student taking guitar 2 should have some experience with playing. Please bring your own acoustic guitar (no electric please) and pick. Instructor: Kevin Griffin. 6 weeks (NO CLASS 4/20).

Wednesdays: March 23 – May 4 --- 5:45pm – 6:45pm

FEE: \$95

LEARN TO KNIT! (Ages 10yrs. +): Room A103 @ Rec Dept. Learn how to knit! Techniques include: how to cast on, knit & purl, stockinet stitch, garter stitch, and more! NO experience necessary. Please provide your own equipment and supplies. You will need a pair of size US size 8 bamboo needles, 14" long and one skein worsted weight acrylic yarn. Worsted weight states #4 on the label of the skein (approximately 7oz. solid color of your choice). This class is taught for Beginners-slowly, with patience and guidance throughout. Instructor: Lisa Howell. 6 weeks (NO CLASS 4/18). Mondays: April 4 – May 16 ---4:00pm – 5:00pm

FEE: \$50

MULTI-MEDIA ART WORKSHOP (6-8 grade): Room A103 @ Rec Dept. Join Paul Papadonis, an experienced local art educator, for adventures in art making with many different media. Have fun experimenting with watercolors, acrylic on canvas, paper sculpture, collage, mix media, stencil printmaking, and oil pastels. Take this opportunity to make art in a relaxed and creative atmosphere. An iPad or cell phone is recommended for class use, but not required. Supplies included in program rate. Instructor: Paul Papadonis. Limited to 8 participants. 6 weeks (NO CLASS 4/19).

Tuesdays: March 29 – May 10 --- 5:00pm – 6:15pm

FEE: \$125

NEW! WRESTLING CLINIC (1st-5th grade): Multi-Purpose Room @ Rec Dept. An introduction to basic wrestling in a fun, fast-paced environment. Tailored toward the first-time wrestler, the program focuses on learning the fundamentals of wrestling with the purpose of developing basic skills through the use of exciting exercises, games and core strengthening. Participants will be matched by grade, weight and skill level. Let's have fun! Instructor: Rick Moskowitz. 8 weeks (NO CLASS 4/21).

Thursdays: March 24 – May 19

Session 1 (Gr. 1-3) --- 5:15pm – 6:15pm

Session 2 (Gr. 3-5) --- 6:30pm – 7:30pm

FEE: \$85

CO-ED VOLLEYBALL CLINIC (Gr. 6-8): Veteran's Memorial Gym @ Rec Dept. Beginner and experienced players are welcome. Players will learn and develop basic volleyball skills and techniques, as well as the rules of the game. Volleyball teaches teamwork and communication. Be ready to learn, work hard and have fun. Sneakers are required. NO EXPERIENCE NECESSARY. Coach: Patty Thompson. 5 weeks. Fridays: April 29 – May 27 --- 4:30pm – 6:00pm

FEE: \$68

KIDS' TEST KITCHEN (K – 2nd & 3rd -5th): Rec. Dept. Kids' Test Kitchen is on a mission to get young eaters cooking, tasting, and thinking about healthy ingredients! Let's continue to redefine kid food; one lesson, and one child at a time! Each class presents students with an opportunity to explore new or familiar foods in their raw, unmanipulated state. Then, working as a team, we'll slice, dice, peel, measure, and cook until we've prepared the finished dish. Lessons are planned to celebrate seasonal produce as much as possible. Spring brings longer, busier days! Let the kids help plan and prep dinner- we'll work to boost their confidence in the kitchen so you can enjoy meal prep together, or maybe – maybe – you can step aside and watch! At the end of class your aspiring chef will receive the main ingredient, or a sample of the finished dish, and the recipe so that they can show off what they've learned! Even the most reluctant eaters enjoy KTK, where participation is expected, but tasting is always optional. Each session arrives with fresh new recipes and ideas to inspire your healthy eater! 2022 SPRING session: Edamame Salad, Ener-Cheese, Asian Inspired Broccoli, Super Spear & Orange Stir-fry, Skillet Pizza with Veggies, Green Smoothie! Kids have food allergies, but they shouldn't miss out on the fun. We know allergies and can work around them, making sure that everyone is having fun and staying safe. **Please clearly disclose all food allergies and/or dietary restrictions upon registration.* 6 weeks (NO CLASS 4/21).

Thursdays: March 24 – May 5

Grades K-2 --- 4:00pm – 5:00pm

Grades 3-5 --- 5:15pm – 6:15pm



FEE: \$150

THE SHORT FUSE THEATRE PROJECT: SUNDAY NIGHT LIVE EDITION (Ages 9-13): A202 @ Rec Dept. & GAR Hall. Come join the Short Fuse Theatre Project for a fast & furious intensive 6-day comedy sketch session!! Tuesday May 10th through Friday May 13th from 4-6pm. Actors will meet after school in room A202. Four ensembles will perfect a comedy sketch & will be challenged with three things they all must include in their short play. Saturday, May 14th we will have a dress rehearsal at GAR Hall from 10-11:30am and Sunday, May 15th actors arrive at GAR Hall at 4pm, doors open for audience at 4:30pm. Sunday Night Live will be performed in front of a LIVE Audience at 5pm!!! No acting experience necessary. No auditions. Only requirement is a positive attitude, willingness to listen, patience and a great sense of humor!

Tuesday – Friday: May 10, 11, 12, 13: Room A202 --- 4:00pm -6:00pm

Saturday, May 14th: GAR HALL Dress Rehearsal--- 10:00am -11:30am

Sunday, May 15th: GAR HALL actors arrive at 4:00pm, doors open for audience at 4:30pm, Show begins at 5:00pm.

FEE: \$180

APRIL VACATION PROGRAMS

NEW! KIDS' TEST KITCHEN (Ages 6-8): Rec. Dept. Kids' Test Kitchen is on a mission to get young eaters cooking, tasting, and thinking about healthy ingredients! Let's continue to *redefine kid food*; one lesson, and one child at a time! In this 3-hour intensive, young eaters, working together, will prepare 2 recipes whose key ingredients are known to be *really* good for us! We'll focus a bit more on learning practical cooking skills, while finding fun ways to enjoy the flavors of the season. We will use every second of our time together! Along with cooking and tasting, which *will* be the emphasis, we'll also take short breaks to expel some energy and flex our brain muscles. Just like our classic model, students will be provided with the focal ingredients or a sample of the finished dish, along with the printed recipe card, so they can show off for you at home! Even the most reluctant eaters enjoy KTK, where participation is expected, but tasting is *always* optional. Kids have food allergies, but they shouldn't miss out on the fun. We know allergies and can work around them, making sure that everyone is having fun and staying safe.

**Please clearly disclose all food allergies and/or dietary restrictions upon registration.*

Wednesday: April 20--- 12:00pm-3:00pm

FEE: \$70

HOME ALONE SAFETY FOR KIDS (Gr. 4-6): Rec Dept. This class will prepare kids (4th-6th grade or maturity appropriate) to handle most home alone situations, from an unexpected knock on the door to an emergency 911 phone call. It also covers food/kitchen safety, choking prevention and Heimlich Maneuver, basic first aid, handling emergencies, handling fears, safety to and from school, basic street smarts, self-defense techniques and lots of prevention! This dynamic class is serious business made fun. Instructors: Denise Valentine Laiosa, R.D., C.S.N. & Bette Antonellis, L.P.N., CTTS-M of South Shore Safety (www.southshoresafety.com).

Thursday: April 21--- 10:00am-12:30pm

FEE: \$60

BABYSITTER SAFETY TRAINING COURSE (Gr. 5-8): Rec Dept. When parents entrust their most treasured gifts to a babysitter, remember that they will feel more secure and will be more likely to hire someone who has taken Babysitter Safety Training. Kids who are trained in Babysitter Safety will have more confidence in dealing with the challenges that may face them while caring for children of all ages and stages, from accidents to tantrums. This class covers child development, basic first aid, feeding, changing diapers, safe marketing and much more. Certificate of Completion included. Please bring a doll/stuffed animal to class. Instructor: Bette Antonellis, LPN, CTTS-M of South Shore Safety (www.southshoresafety.com)

Thursday: April 21 --- 1:00pm-3:30pm

FEE: \$60

NEW! LIVE, LAUGH, YOGA & MEDITATION (Gr. 3-5) @ Rec Dept. In addition to learning yoga poses, participants will learn several relaxation, meditation and breathing techniques to help develop focus and calm. We will also have opportunities for mindful coloring and conversations about self-love, gratitude and kindness. Be ready to relax, de-stress and unwind from your day! Please bring your own yoga mat and a water bottle. Instructor: Patty Thompson.

Session 1 (Theme- Self Love): Tuesday, April 19 --- 5:00pm – 6:00pm

Session 2 (Theme- Kindness): Wednesday, April 20 --- 5:00pm – 6:00pm

Session 3 (Theme- Gratitude): Thursday, April 21--- 5:00pm –6:00pm

FEE: \$10/session

MULTIGENERATIONAL PROGRAMS

PAINTING LOCAL SCENERY IN WATERCOLOR OR ACRYLIC (Teens 16+ & Adults): Room A103 Rec Dept. Bring in your summer and/or fall photographs on electronic media or printed and be guided through the painting process. The emphasis of the class will be on basic drawing, technique and working compositions. Students will be taken through the painting process in stages developing their paintings in a step by step manner. Paul will work with you at your own artistic level in a small class and relaxed environment. The supply list can be found on the TOS website Recreation landing page. *Limited to 10 participants.* Instructor: Paul Papadonis, Experienced Art Educator. 6 Weeks (NO CLASS 4/19). **Tuesdays:** March 29 – May 10 ---7:00pm – 9:00pm

FEE: \$80

KNITTING for ADULTS (Beginner/Intermediate): Room A101 @ Rec Dept. Learn how to knit! Techniques include: how to cast on, knit & pearl, stockinet stitch, garter stitch, and more! NO experience necessary. Please provide your own equipment and supplies. This class is taught for Beginners-slowly, with patience and guidance throughout (Intermediate students welcome to refresh skills & ask questions). Beginners will need a pair of US size 13 bamboo needles, 14" long and one skein bulky weight acrylic yarn. Bulky weight states #5 on the label of the skein (approximately 7oz. solid color of your choice). Children 10 and up are welcome to register but MUST be accompanied by parent/guardian. Instructor: Lisa Howell. 8 weeks (NO CLASS 4/19).

Tuesdays: April 5 – May 31 --- 6:30pm – 8:00pm

FEE: \$58

STROLLER FIT- Exercise with your Baby: Rotating Outdoor Locations in Scituate. This unique exercise experience accommodates both moms and babies with strong neck control - stroller-aged children. Each class is 60 minutes: a warm-up, segments of cardio, body-toning exercises, restorative core and flexibility training. Set/Reps are performed to popular nursery rhymes, ABCs, 123s and children's songs to keep the children involved. It's functional training for all fitness levels and exposure to a healthy lifestyle for the little ones. Children must stay secured in their strollers at all times for safety. No worries, if the child gets fussy, transitional exercises are designed for this very reason. Participants will need their own resistance equipment (<https://www.amazon.com/SPRI-Xertube-Resistance-Exercise-Medium/dp/B00067E4P4>) a beach towel/mat in stroller, water and comfortable clothing/athletic shoes. Instructor: Denyce Holley, NASM Certified Personal Trainer, 5 weeks (NO CLASS 5/16, 5/30). **Mondays: April 25 – June 6 --- 9:30am – 10:30am (rain date June 13)**

LOCATIONS:

Week 1- Town Common (park at Central Field)

Week 4- Scituate Harbor (park at Cole Parkway)

Week 2- MacEachern Park (Driftway)

Week 5- Peggotty Beach area (need a beach sticker)

FEE: \$50

Week 3- Town Common (park at Central Field)

ADULT PROGRAMS

SCITUATE REC CYCLING UNLIMITED: Multi-Purpose Room @ Rec Dept & A202 last 2 weeks of session.

UNLIMITED INDOOR CYCLING CLASSES FOR \$135-THE ENTIRE SPRING SESSION! (11 weeks)

Bikes are on a first come, first serve basis.

Register under our Cycling Program title "Scituate Rec Cycling Unlimited"

Instructors: Maggie Cadigan, Sarah Lannon, Erin Culbert, Ellen Burke, Stacy Styles, Michelle Gregory

Mondays: April 11 – June 13 --- 8:30am – 9:30am, Michelle (NO CLASS 5/30)

Mondays: April 11 – June 13 --- 6:15pm – 7:15pm, Sarah (NO CLASS 5/30)

Tuesdays: April 12 – June 14 --- 5:45am - 6:45am, Ellen (NO CLASS 4/19)

Wednesdays: April 13 – June 15 --- 8:30am-9:30am, Maggie

Wednesdays: April 13 – June 15 --- 6:30pm - 7:30pm, Sarah

Thursdays: April 14 – June 16 --- 5:45am – 6:45am, Ellen

Thursdays: April 14 – June 16 --- 4:00pm – 5:00pm, Erin

Fridays: April 15 – June 17 --- 9:00am – 10:00am, Maggie

Saturdays: April 16 – June 18 --- 8:30am - 9:30am, Alternates: Stacy & Ellen

Get in shape the FAST and AFFORDABLE way- under \$2 per class! Our cycling program offers the best, certified instructors on NEW Keiser bikes, along with our traditional Schwinn cycles, accompanied by motivating music. Cycling is a unique program emphasizing individual needs, regardless of age or fitness ability. We have the best prices in town!

THERAPEUTIC YOGA: Scituate Harbor Community Building. This class takes you through and breaks down the soft flows of yoga. Class will begin mindfully with breath work to quiet the mind and gentle stretching to relieve common joint pain. The class will then transition into standing postures to align the body and create strength around the joints. Class will end with relaxation; shivasana. Modifications will be offered. This class is geared to all levels. Instructor: Kathleen Picardi, RYT 200hr. 8 weeks.

Thursdays: April 7 – May 26 --- 9:45am-10:45am

FEE: \$64

ZUMBA (Age: 18+): Veteran's Memorial Gym @ Rec Dept. Zumba® is a dance fitness class designed for everyone. We will dance to Latin and World rhythms like meringue, salsa, reggaeton, cumbia, soca, dancehall, and bhangra! This class is designed to incorporate low intensity and high intensity songs for maximum calorie burn. Cues, progressions, and modifications will be offered. We will work on cardio, muscle conditioning, flexibility, balance, and coordination while having fun! Zumba® brings people together for an awesome dance fitness party. Come join us! Instructor: Sarah Dolan. 9 weeks

Tuesdays: April 5- May 31 --- 6:00pm-7:00pm

FEE: \$72

RISE & SHINE YOGA: Room A102 @ Rec Dept. Level 1 -slow flow- 60mins. In this 10-week class we will be focusing on deepening the breath, proper alignment, balance & meditation. Bringing it all together in a slow flow; pure bliss. All levels welcome. Participants should bring a yoga mat and water bottle. Instructor: Michelle Gregory, CYT. 9 weeks.

Fridays: April 1 – May 27 --- 9:00-10:00am

FEE: \$72

NEW! CYCLE CIRCUITS COMBO: Multi-Purpose Room @ Rec Dept. A fun way to get a full body workout. Cardio segments on a stationary bike alternating with strength training using a variety of gear including weights, medicine balls, kettlebells, steps, ladders and more. The one-hour class will fly by as you hit every muscle and get your heart rate going! All levels welcome. Participants should bring a yoga mat and water bottle. Instructor: Beth Yonce. 9 weeks.

Tuesdays: April 5 – May 31 --- 9:15-10:15am

FEE: \$72

RESTORE THE CORE: Scituate Harbor Community Building. This progressive, pilates-style mat class focuses on proper breathing technique and form and function of your core muscles, restoring the strength of the abdominal wall, postural muscles and pelvic floor using one's own body weight and resistance equipment. This class is appropriate for every fitness level and men and women of all ages. Modifications are cued for every exercise. Please bring yoga mat and water. Instructor: Denyce Holley, AFAA Certified. 9 weeks (NO CLASS 5/17, 5/20).

Fridays session 2: April 1– June 3--- 8:30am – 9:30am

Tuesdays: session 1: April 5 – June 7 --- 6:30pm – 7:30pm

FEE: \$72/session

EXERCISE BALL WORKOUT w/ WEIGHTS: Scituate Harbor Community Building. Tone your body, strengthen your core muscles, increase your flexibility, and improve your coordination through this stability workout on your exercise ball. Hand weights will also be used to enhance your workout. Please bring your own ball and weights. Instructor: Sarah Lannon. 8 weeks (NO CLASS 4/3, 4/17).

Sundays session 1: March 27 – May 29 --- 8:00am – 9:00am

Thursdays session 2: April 7 – May 26--- 9:00am – 10:00am *back room at SHCB*

FEE: \$64/session

KARATE (Adults): Room A102 @ Rec Dept. Mixed Martial Arts, combined with classical Karate/Kung Fu training; that builds strength, stamina and energy. This class ranges from breathing techniques for energy and circulation to core exercises similar to Pilates and Yoga. Uechi Ryu Karate and Shaolin Kung Fu are combined with 'cardio boot camp' and equipment training for total fitness. Self-defense and personalized training you can practice at home. All levels welcome! 8 weeks.

Wednesdays: April 6 –May 25---6:00pm– 7:15pm

FEE: \$100

TAI CHI (Adults): Room A102 @ Rec Dept. This class is recommended for individuals looking for more internal training with soft movements. Class involves breathing techniques for energy and circulation called Chi Kung (with gentle stretching). This class offers Tai Chi training from beginner to advanced, in the traditional Yang Style with endless benefits over time. Progression helps with relaxation, circulation health, body balancing and posture. Tai Chi is beneficial for your mind, body and spirit. Instructor: Jim Duffey. 9 weeks.

Tuesdays: April 5 – May 31 ---6:30pm – 7:45pm

FEE: \$112

ADULT TENNIS: Scituate Racquet & Fitness Club. During this tennis session you will learn forehand and backhand ground strokes and volleys. You will learn how to serve, positioning for singles and doubles play. 9 weeks (NO CLASS 4/22).

Fridays: April 1 – June 3

Session 1: 12:00pm – 1:00pm

Session 2: 1:00pm – 2:00pm

FEE: \$133/session

OVER 30, ADULT BASKETBALL: Veteran's Memorial Gym @ Rec Dept. This program offers adults 30 + an opportunity to play the sport they love in a fun and friendly group. Please register at the Gym when you arrive. Checks payable to "Friends of Scituate Recreation."

Tuesdays & Thursdays: March 29 – June 2 --- 7:15pm-9:30pm

FEE: \$50

WIDOW'S WALK ADULT GOLF PROGRAMS- Director Ian Kelly



INTRODUCTORY CLINIC (Ages 18+): This introductory lesson series consists of (5) one hour sessions. Focus will be on pre-swing fundamentals, putting and full swing mechanics. We will also touch on golf course orientation, rules and etiquette. This course is tailored to the beginner golfer. Student/Teacher ratio – 6:1.

Tuesdays: April 26 – May 24 (Rain date, May 31) 10:00am – 11:00am

FEE: \$110/session

INTERMEDIATE FULL SWING (Ages 18+): This intermediate lesson series consists of (5) one hour sessions. Tailored to experienced golfers or students that have completed an introductory golf program. One session will be dedicated to each of the following topics: Swing Fundamentals, Ball Flight Laws, Iron Play, Wood Play, & Review. Student/Teacher ratio – 6:1.

Thursdays: May 5 – June 2 (Rain date, June 9) 5:30pm – 6:30pm

FEE: \$110/session

SHORT GAME SERIES (Ages 18+): This intermediate lesson series consists of (5) one hour sessions. Tailored to experienced golfers or students that have completed an introductory golf program. One session will be dedicated to each of the following topics: Putting, Chipping, Pitch Shots, Green Side Sand Shots, Trouble Chips & Review. Student/Teacher ratio – 6:1.

Tuesdays: April 26 – May 24 (Rain date, May 31) 11:00am – 12:00pm

FEE: \$110/session

SAFETY COURSES

Instructor: SMD Associates

**Please note: These classes will not run without reaching minimum capacity.*

FIRST AID: Scituate Fire Station, 149 First Parish Rd. Receive a 2-year certification from the American Heart Association.

Learn what to do in everyday emergencies. This class covers infant, child and adult emergencies. **Thursday: April 7 --- 6:30pm**

FEE: \$70

AMERICAN HEART ASSOCIATION HEARTSAVER CPR/AED: Scituate Fire Station, 149 First Parish Rd. Designed for the responder who requires a credential card and documenting successful CPR course completion; covers adult, child, infant CPR. This is a two-year certification.

Thursday: May 19 --- 6:30pm

FEE: \$70

AMERICAN HEART ASSOCIATION BLS PROVIDER CPR/AED: Scituate Fire Station, 149 First Parish Rd. This class is appropriate for nurses, doctors, EMT's, and nursing students. Defibrillation, adult, child, and infant CPR for the Healthcare Professional. This is a two-year certification.

Thursday: June 16 --- 6:30pm

FEE: \$70





SAILING 2022

Director: Eric Keefe

Online Registration for RESIDENTS Opens:

Wednesday, March 30th at 9:00AM

Non-resident Online Registration Opens:

Wednesday, April 13th at 9:00 AM

Our Goal: To provide many participants the opportunity to experience the joy of sailing!

Classes meet at the Mass Humane Boat House on Edward Foster Road located in the Marine Park. Participants must be able to swim 100 yards in a safe and competent manner. All participants are expected to wear sneakers & Flotation Device (C.G. approved life jacket). **ALL SAILING PROGRAMS MEET RAIN OR SHINE.**

Classes run Monday – Thursday (with the exception of the week of July 5th -Check dates).

We will have one indoor rainy-day class; if it rains for more than one day we will hold a makeup class on Friday.

MERCURY (Recommended Ages 8 +). Lessons are taught on 15-foot Cape Cod Mercury keels, which are stable, hearty sailboats and are great for beginner/ intermediate sailors. The class will focus on parts of the boat, points of sail, right of way, as well as fostering teamwork. This is a program that can be taken for multiple years. Morning and afternoon sessions offered for each week.

MORNING CLASSES: 8:30am – 11:30am

AFTERNOON CLASSES: 12:30pm – 3:30pm

week 1 (Tues – Fri)- 7/5, 7/6, 7/7, 7/8

week 2 - 7/11, 7/12, 7/13, 7/14

week 3 - 7/18, 7/19, 7/20, 7/21

week 4- 7/25, 7/26, 7/27, 7/28

week 5- 8/1, 8/2, 8/3, 8/4

week 6- 8/8, 8/9, 8/10, 8/11

FEE: \$175 each week

420'S (Ages 11-18, Grouped accordingly). This course is designed for both beginner and intermediate 420 sailors. The two-week session will include wind awareness, sailing terminology, points of sail, tacking and gybing on these racing boats.

MORNING CLASSES: 8:30am – 11:30am

AFTERNOON CLASSES: 12:30pm – 3:30pm

Session 1(Tues – Fri week 1) --- 7/5, 7/6, 7/7, 7/8, 7/11, 7/12, 7/13, 7/14

Session 2 --- 7/18, 7/19, 7/20, 7/21, 7/25, 7/26, 7/27, 7/28

Session 3 --- 8/1, 8/2, 8/3, 8/4, 8/8, 8/9, 8/10, 8/11

FEE: \$340/session

ADULT SAILING: T.B.D.

REGISTRATION FOR MARITIME ADVENTURES WILL OPEN ON MARCH 30, 2022 at 9:00am along with SAILING PROGRAMS

CORSE ALL-STARS MARITIME ADVENTURES THROUGH ACCESSPORT AMERICA (Ages 6-22): Marine Park (Edward Foster Rd).

C.O.R.S.E. & Program description on Page 16. **DUE TO THE POPULARITY OF THIS CAMP, certain amounts of slots are reserved for children receiving special education services (on an IEP, 504 or DCAP plan) until June 1. After June 1st, it is a first come, first serve basis for registration. You may sign up for one or both weeks.*

FEE: \$130 per time slot

Week 1: July 18 – July 21 Monday – Thursday, 1. 9:30am – 11:00am 2. 11:15am – 12:45pm 3. 1:30pm – 3:00pm 4. 3:15pm – 4:45pm

Week 2: July 25 – July 28 Monday – Thursday, 1. 9:30am – 11:00am 2. 11:15am – 12:45pm 3. 1:30pm – 3:00pm 4. 3:15pm – 4:45pm

SAILING REFUND POLICY:

PLEASE NOTE, DUE TO HIGH DEMAND THERE WILL BE NO SAILING REFUNDS ISSUED AFTER JUNE 1st, 2022

Scituate Recreation
~CATCH THE SCITUATE SPIRIT~

Summer Program 2022
Online Registration

www.scituatema.gov/recreation-department



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SUMMER ESSENTIALS 2022

Brochure will be updated periodically. Please check back for new details.

LITTLE PEOPLE SUMMER PROGRAM: Recreation Dept. Director: Kathleen McCarthy and staff will run this program. (Ratio 1:3)

This program focuses on creative enrichment for the 3-5 year-old. This is a drop-off program; parents do not stay with their child.

Participants must be toilet independent. Little People will meet from 8:45am to 11:45am each morning. Participants may choose from 2- two day programs (three weeks in each session). The daily schedule includes water fun, arts and crafts, story time, and age appropriate games. Low participant to counselor ratios ensure a pleasurable environment for each child. Special performances are included each session. Each day has a different theme; no two days are the same. Participants should bring a nut-free snack and water bottle. Fee includes t-shirt and all activities.

(NO MEETING 7/4- Make-up Friday 7/8)

Mondays (not 7/4) & Wednesdays (& Friday 7/8 only) --- 8:45am – 11:45am

Tuesdays & Thursdays --- 8:45am – 11:45am

FEE: \$225/session

Session I: July 5 - July 21

Session II: July 25- August 11

REGISTER FOR BOTH CODES M+W & T+TH if interested in a FULL three weeks.

MORNING ADVENTURE PROGRAM: Jenkins Elementary Director: Andrew Barlow and his staff will facilitate this program. (Ratio: 1:6).

This program is for children entering K through 2nd Grade, who are looking for a fun-filled structured day. Regular program days are full with music, games, dramatic play and arts and crafts. In addition, we are joined by special performers each session. Field trips are on Thursday unless specified on the program calendar. Each day has a different theme; no two days are the same. There will be two 3-week sessions.

Participants should bring a nut-free snack, lunch and a water bottle. Fee includes t-shirt and all activities.

(NO MEETING 7/4- Make-up Friday 7/8)

Monday – Thursday --- 9:00am - 2:00 pm

FEE: \$495/session

Session I: July 5- July 21 (includes Friday 7/8)

Session II: July 25 – August 11

YOUNG PEOPLE DAY PROGRAM: Recreation Dept. Director: Jessica Whittier and her staff will facilitate this program (Ratio: 1:7). This program is for children entering 3rd through 5th Grade. Regular program days are filled with arts and crafts, games, nature, sports, music and plenty of outdoor play. In addition, there will be special performances each session. Field trips are on Wednesday unless specified on the program calendar. Each day has a different theme; no two days are the same. There will be two 3-week sessions. Participants should bring a nut-free snack, lunch and a water bottle. Fee includes t-shirt and all activities.

(NO MEETING 7/4- Make-up Friday 7/8)

Monday – Thursday --- 9:00am – 2:00pm

FEE: \$495

Session I: July 5 - July 21 (includes Friday 7/8)

Session II: July 25 – August 11

SUMMER BLAST GAMEDAY PROGRAM: Gates Middle School. Director: Amanda Mendez and her staff will facilitate this program. This program is for students entering Grades 6, 7, or 8. Come join us to participate in fun backyard games and exciting field trips. Each session will be unique. We'll play competitive team games, such as Corn Hole, Whiffle ball (homerun derby), Soccer (steal the bacon), Football, Street Hockey and Ultimate Frisbee/ Frisbee golf, Basketball, Kan Jam. . Field trips are on Tuesday/Thursday unless specified on the program calendar. Participants should bring a nut-free snack, lunch and water bottle. Fee includes t-shirt.

THIS PROGRAM RUNS MONDAY- THURSDAY with exception of Session 1

FEE: \$195/session

Session I (Tuesday-Friday): July 5 – July 8 --- 9:30am - 2:30pm

Session II: July 11 – July 14

Session III: July 18 – July 21

Session IV: July 25 – July 28

Session V: August 1 – August 4



NEW! FRIDAY ADVENTURES: Recreation Dept. Director: T.B.D. (Ratio 1:6) This program is for students entering Grades 1 - 5. Pump up your Friday with this special summer addition of activities and nature excursions (alternating weeks & weather permitting). Each Friday will be unique. Participants will explore local trails and enjoy themed activities. Participants should bring a nut-free snack, lunch and water bottle. This program is open to all children- there are no prerequisite registration requirements. 5 weeks.

Fridays: July 15 – August 12 --- 9:00am – 2:00pm

FEE: \$175

C.O.R.S.E. (ALL-STARS) PROGRAMS

Note: No Refunds issued 2 weeks prior to start of all programs due to staffing requirements.

All Stars provides recreation programs for ALL children, those with and without special needs who would prefer a less competitive atmosphere. Our programs are highly motivating within a structured setting to build skills in a particular physical and social activity while having fun! This more relaxed setting, along with a low student to staff ratio (3 to 1), offers the perfect opportunity for children with moderate special needs to participate in community programs alongside their friends and peers. For all CORSE-sponsored programs through Scituate Recreation: Each program has a 3:1 (student to staff) ratio, unless otherwise designated.

This 3:1 student to staff ratio allows for most children with and without special needs to successfully access our classes independently, if the student can understand directions, be able to request assistance and have basic verbal skills to communicate with peers. If your child needs access to medications, please be aware that there is no nurse on-site. Parents are responsible for assuring the appropriate information is provided to the instructors. Instructors cannot dispense medication or perform testing. All staff, excluding volunteers, are certified in CPR. If there is an emergency, 911 will be called. If a parent/guardian believes that a program is not accessible to their child without reasonable accommodations and wants more information, please contact the Scituate Recreation Department. If you register your child within 10 days of the program start date, your child's start date may be delayed one week to ensure proper staffing and appropriate reasonable accommodations.

ALL-STARS ULTIMATE SUMMER ADVENTURES: Recreation Department. OPEN TO GRADES 1-8: PARTICIPANTS WILL BE GROUPED INTO TWO SEPARATE PROGRAMS ACCORDING TO APPROPRIATE AGE LEVELS; ONE FOR YOUNGER PARTICIPANTS AND THE SECOND FOR OLDER PARTICIPANTS. Participants in this one week program will enjoy a variety of activities that are geared towards facilitating fun-filled, age appropriate social interactions in a structured setting. This program will be a combination of summer field trip excursions and on-site group activities including sports, gym activities, arts & crafts, etc. Participants should bring a snack, lunch, extra drinks and sun lotion. Fee includes t-shirt and all activities. Monday – Friday: August 15 - August 19 --- 8:30am - 1:30pm FEE: \$260

REGISTRATION FOR MARITIME ADVENTURES WILL OPEN ON MARCH 30, 2022 at 9:00am along with SAILING PROGRAMS
ALL-STARS MARITIME ADVENTURES THROUGH ACCESSPORT AMERICA (Ages 6-22): Marine Park (Edward Foster Road). During this water sports camp, athletes will build skills in adaptive windsurfing, Hawaiian outrigger canoeing, and stand-up paddling. Sailing will be included the week of July 25th. This camp will provide specialized instructors and equipment from AccessPort America, www.accessportamerica.org. Participating students can be non-ambulatory, non-verbal and do not need to know how to swim. If the weather is simply intolerable, we will run a conditioning and soccer clinic during that session time. **DUE TO THE POPULARITY OF THIS CAMP, certain amounts of slots are reserved for children receiving special education services (on an IEP, 504 or DCAP plan) until June 1. After June 1st, it is a first come, first serve basis for registration. You may sign up for one or both weeks.* FEE: \$130 per time slot

Week 1: July 18 – July 21 (Monday – Thursday) 1. 9:30am – 11:00am 2. 11:15am – 12:45pm 3. 1:30pm – 3:00pm 4. 3:15pm – 4:45pm

Week 2: July 25 – July 28 (Monday – Thursday) 1. 9:30am – 11:00am 2. 11:15am – 12:45pm 3. 1:30pm – 3:00pm 4. 3:15pm – 4:45pm

CHILDREN'S & TEENS' PROGRAMS

"The MIGHTY GAME WEEK" (Entering Gr. K-2): Scituate High School Turf. This is a one-week collection of "backyard games" for all participants to enjoy. Games may include soccer, capture the flag, duck-duck-goose, wiffleball, handball, tag games and much more! This program will help develop coordination, balance, hand-eye skills, and social skills (i.e. Learn how to win & lose together while having fun). Instructor: Debbie Beal and assistants will run the clinics. Please pack a nut free snack, sunscreen and water bottle.

Tuesday - Friday: July 5 – July 8 --- 8:30am – 12:00pm

FEE: \$130

NAUTICAL MILE TRACK CLUB (Entering Gr. 2-5): Scituate High School Track/Turf. A track program designed to prepare runners of all skill levels and abilities. The program will be designed to help improve the fitness level of young athletes. Workouts will include a variety of training approaches from interval training, aerobic endurance runs, tempo runs and both dynamic and static stretching warm ups and cool downs prior and post exercise to work on in both sets of skills. A basic sampling of core strength exercise such as sit ups, pushups and lunges will be incorporated to aid in conditioning the runners. Coach: Tyler Myers. 6 weeks- (No rain make-ups).

Tuesdays & Thursdays: July 5 – Aug. 11 --- 4:30pm - 5:45pm

FEE: \$65

SOCCER CLINIC (Entering Gr. 3-5): Scituate High School Turf. This is a one-week instructional soccer clinic. Participants will be taught the fundamentals of soccer including: dribbling, kicking, passing, trapping, goal tending and basic soccer rules. Debbie Beal and assistants will run the clinics. Participants will be grouped by age and/or ability. Please pack a nut-free snack, sunscreen and water bottle.

Monday - Thursday: July 11 – July 14 --- 8:30am – 12:00pm *Rain date 7/15/22

FEE: \$130

CO-ED VOLLEYBALL CLINIC (Entering Gr. 5-8.): SHS Large Gym Join us as we get pumped to bump, set and spike! Participants will have fun learning volleyball techniques and skills such as passing, setting, hitting, blocking, and more! Be ready to learn the game, work hard and have fun! Sneakers are required. NO EXPERIENCE NECESSARY. All levels welcome! Coach: Patty Thompson.

Monday - Thursday: July 25-28 --- 4:30pm – 6:00pm

FEE: \$65

BASKETBALL CLINIC: SHS Large Gym. This instructional clinic is for both boys and girls. It is for any player who wants to learn, practice and improve all aspects of their game. Basic individual offensive and defensive skills will be taught. Players will be placed on teams and will compete against players of similar ability. All participants are expected to understand that it will be a challenging week intended to teach all facets of basketball. Bring a nut-free lunch, water and a good attitude. Coach: Matt Poirier assisted by the best basketball coaches on the South Shore, as well as great guest speakers every day.

Tuesday- Friday --- 8:30am – 2:30pm Entering Gr. 3 & 4: July 5 – July 8

Monday-Thursday --- 8:30am – 2:30pm Entering Gr. 5 & 6: July 18 – July 21

FEE: \$185/session

Monday-Thursday --- 8:30am – 2:30pm Entering Gr. 7- 9: July 25 – July 28

DONATO STREET HOCKEY CLINIC: PJ Steverman Rink @ SHS – (Ages 7-14; grouped accordingly). Come learn from the BEST! This hockey stick handling and development clinic is coached by former Bruins player and Harvard coach Ted Donato and sons. Bring your roller blades, helmet, gloves & sticks. This is a great opportunity to acquire and improve your skills. Don't miss out!

Tuesday & Thursday: 5:30pm – 7:00pm

Session 1: July 5-14 *Rain dates Wednesday & Friday as needed

Session 2: July 19-28 *Rain dates Wednesday & Friday as needed

FEE: \$100

BASEBALL CLINICS: SHS Baseball Turf. Our Baseball clinics are committed to the proper training and fundamentals of the great game of Baseball. Clinics available for students entering Gr. 2-9. It is our goal that when you leave one of our clinics that you not only leave being a better baseball player but a better person overall. Our instructors teach first and coach second. Our philosophy will always emphasize the correct mechanics and fundamentals but will never forget about how much fun the game of Baseball really can be! Varsity Baseball Coach, Craig Parkins along with the Scituate High School baseball coaches will run the clinic. Please bring a nut free snack or lunch, water bottle and a great attitude ready to play the game of baseball. **Monday – Thursday**

August 8-11:

Entering Gr. 4-6 ---9:00am- 2:00pm

FEE: \$185

August 15-18:

Entering Gr. 2-3 ---8:30am-11:30am

FEE: \$95

Entering Gr. 7-9 ---12:00pm-3:00pm

FEE: \$95

FIELD HOCKEY CLINIC (Entering Gr. 5-9): Scituate High School Turf. This field hockey clinic run by the high school field hockey Head Coach & Assistant Coach. This 2 days per week clinic is open to all students entering 5th through 8th grade. Participants will develop basic Field Hockey skills and techniques along with learning the rules of the game. Participants will need to bring shin guards, cleats, a mouth guard, water, and a snack. If needed, sticks will be provided. Instructors: Andy Barlow & Amanda Kent. 3 weeks.

Tuesdays + Thursdays: July 5 – July 21 ---- 6:00pm-7:00pm *Rain date 7/22/22

FEE: \$65

INTRODUCTORY JUNIOR GOLF PROGRAM (Ages 8-14): Widow's Walk. This is an introduction to golf touching on rules and etiquette. Basic instruction for putting, chipping, pitching, and full swing. A skills competition will complete each session. The mission of the program is to provide exposure to the game of golf with age appropriate skills development and rules and etiquette instruction, as well as rewarding accomplishment and participation in an enjoyable atmosphere. The development of enthusiasm and love for the game of golf is the benchmark used to judge the success of the program. Sub-grouped by age and/or request. Student: Teacher ratio- 8:1.

Tuesdays: 11:15am – 1:00pm

Session 1: July 5, 12, 19 (Rain date, July 26)

Session 2: August 2, 9, 16 (Rain date, Aug. 23)

FEE: \$95/session

INTERMEDIATE JUNIOR GOLF PROGRAM (Ages 9-15): Widow's Walk. This program is a continuation of the introductory program with a more technical instructional approach. A skills competition will complete each session. The mission of the program is to provide an environment for motivated students to advance their golf games to a higher level. This program will continue to foster enthusiasm with the addition of new material and less distractions from unmotivated students. Prerequisite: Successful completion of an Introductory Junior Program with an above average level of skill and motivation. Student: Teacher ratio- 8:1.

Tuesday:, 9:00am – 10:45am

Session 1: July 5, 12, 19 (Rain date, July 26)

Session 2: August 2, 9, 16 (Rain date, Aug. 23)

FEE: \$95/session

SUMMER ART TIME! (Entering Gr. 1-3): Rec Dept. Come and join us for some summer craft fun! Grades 1-3 will enjoy designing a variety of 'hands on' craft items. Each day of the 4-day workshop will focus on a different theme. All of the unique and fun projects offered, are a wonderful way to encourage your child's creative abilities and to develop manual dexterity. The program is designed to foster imagination and creativity, in an enjoyable atmosphere, while indulging in beads, paint, glitter, glue and more! All supplies included. Bring a nut free snack and water bottle. Instructor: Caitlin Fitzmaurice.

Monday – Thursday: August 22 – August 25

Session 1: 9:30am – 12:00pm

FEE: \$120/session

Session 2: 1:00pm – 3:30pm

SUMMER INSPIRATIONS PAINTING WORKSHOP (6-8 grade) Room A103 Rec Dept. Join instructor Paul Papadonis, an experienced local art educator, for a week of art making featuring acrylic painting on canvas. Your work will be centered on capturing the fun of the beach, nature and the garden. Take this opportunity to capture artistic inspirations of the Summer in a relaxed and creative atmosphere. An I Pad or Cell phone is recommended, but not required. (All electronics will be monitored closely by the instructor.) *Limited to 10 participants.* Instructor: Paul Papadonis. Monday- Thursday: August 22 – August 25 ---9:30am – 12:30pm FEE: \$120

COMMON APP BOOT CAMP (Rising H.S. Seniors): Rec Dept. Hey, Rising Seniors! Want to start senior year having completed a huge portion of your college application process? Let's tackle your Common Application the week that it's launched! Students will work in a fun and relaxed atmosphere to complete the Common Application, draft a compelling personal statement and begin supplemental essays required by some colleges. The application will NOT be submitted at the completion of the course to provide families the opportunity to review each section and allow the student to make any changes to the essay if necessary. Students will need: a laptop computer, a current high school transcript, senior year coursework, preliminary college list, and resume (if available). Instructor: Kelly Arevian (BA from Colby College, MAT from Boston College & a certificate in College Advising from Columbia University's Teachers College). A former high school English teacher and current private tutor, Kelly has over 29 years of educational experience. (Participation in the course does not guarantee placement into any particular college). **Extra help will be offered to both sessions between 11:00am-12:00pm.*

Monday – Thursday: August 1 – 4

Session 1: 9:00am-11:00am

FEE: \$165

Session 2: 12:00pm – 2:00pm

NEW! BREAKFAST BUNCH (Entering Gr. K-2) @ Jenkin's Elementary. This is an exciting time for early readers, so you provide the breakfast, we'll provide the fun and games. Children will enjoy a story or two while having their breakfast before moving on to an hour of reading skills and literacy activities. Children will play with phonics patterns and build their sight word vocabulary. This is a great way to wake up their brains and bodies! Instructors: Pages Collaborative Learning (Beth Nunes, Danielle Kent & Michelle Meyerle).

Tuesday &/or Wednesday: 7:30am – 9:00am

Session 1: Tuesdays, July 5 – July 19

FEE: \$150

Wednesdays, July 6 – July 20

FEE: \$150

Session 2: Tuesdays, July 26 – August 9

FEE: \$150

Wednesdays, July 27 – August 10

FEE: \$150

EARLY LITERACY LUNCH BUNCH (ages 3-5) @ Rec. Dept. Following your adventures in Little People, come join us for lunch and stories. Early Literacy Lunch Bunch is an exciting time for budding readers. Early readers will come together to explore pre-reading skills through engaging hands-on activities. Children will explore the alphabet, play with letter-sound relationships and rhyme patterns while enjoying stories together. Instructors: Pages Collaborative Learning (Beth Nunes, Danielle Kent & Michelle Meyerle). *Cost is inclusive of all materials and upon completion a summary of your child's literacy club work will be sent to you, along with specific suggestions for your child's future reading growth.*

Tuesday &/or Wednesday: 11:45am-1:15pm

Session 1: Tuesdays, July 5 – July 19

FEE: \$150

Wednesdays, July 6 – July 20

FEE: \$150

Session 2: Tuesdays, July 26 – August 9

FEE: \$150

Wednesdays, July 27 – August 10

FEE: \$150

NEW! BOOKWORMS & MATHLETES (Entering Gr. 3-5) @ Rec. Dept. Reading a book with a friend is always more fun! This program is a time for children to gather together and share the excitement of a story while practicing age appropriate reading skills and strategies. Our mission is for each child to practice his/her reading in an enriching and supportive environment that allows each individual to share ideas and hear different perspectives. Each Tuesday will bring the story alive for children through interactive experiences that support reading comprehension. Along with reading a book, children will play games to practice essential math skills that might get rusty over the summer. Instructors: Pages Collaborative Learning (Beth Nunes, Danielle Kent & Michelle Meyerle). *Cost is inclusive of all materials and upon completion a summary of your child's book club work will be sent to you, along with specific suggestions for your child's future reading growth.*

Tuesday: 2:00 pm – 3:30 pm

Session 1: Tuesdays, July 5 – July 19

FEE: \$150

Session 2: Tuesdays, July 26 – August 9

FEE: \$150

KARATE - Instructor: Danny Reynolds

PLEASE SEE SPRING PROGRAM FOR CLASS DESCRIPTIONS

KIDS KARATE (Age 6-8)

Mondays, 10 weeks: June 20 - August 29 --- 4:30pm – 5:30pm (NO CLASS 7/4)

FEE: \$119

Fridays: June 24 – August 26--- 4:30pm – 5:30pm

JUNIORS KARATE (Age 9-13)

Wednesdays, 10 weeks: June 22 - August 24 --- 4:30pm – 5:30pm

FEE: \$119

KARATE (Adults)

Wednesdays, 10 weeks: June 22 - August 24 --- 6:00pm – 7:15pm

FEE: \$125

THE SHORT FUSE THEATRE PROJECT PRESENTS: The Annual Comedy Night Edition (Age 10-14): GAR Hall. So you've got some jokes and funny stories? Now what? Come spend 3 days with The Short Fuse and perfect your very own 1 man Stand Up Comedy Performance & Showcase your own routine on stage. Actors are expected to arrive on Day 1 with a notebook containing their favorite jokes or favorite funny stories. Jumpstart your comedic journey & get the laughs you're looking for! It's not what you say.... it's how you say it! We will offer techniques for pacing, holding for laughs, voice projection, stage presence, body & facial expressions, physicality, use of props & writing. Developing a strong opening & closing are key to a memorable act. There are a millions ways to get a laugh from an audience. Let's figure out YOUR best way together!! We will be accepting 16 hilarious & patient Actors - at times we'll be working 1:1, listening and learning together & from other actors on stage; other times we will be playing acting & improvisation games as a group to help strengthen our skills. REHEARSALS Tues, Wed, Thurs: July 19, 20, 21 --- 9:00am – 12:00pm at GAR Hall / SHOWCASE: COMEDY NIGHT Thurs: July 21 - Performance Call Time for Actors: 6:30pm, Theater Doors open at 7pm for free general admission.
Showcase: COMEDY NIGHT Thursday July 21, 7:30pm GAR HALL. FEE: T.B.D.

SPECTACULAR HANDS-ON SCIENCE PROGRAM (Entering Gr. K-2 & 3-5): Rec Dept. Come join this very cool and fun elementary school summer program! Over the past 22 years, Top Secret Science has worked hands-on with over 1,200,000 local children. Children will be grouped by age/grade. Each day the kids will explore up to 20 weird and wacky hands-on science experiments and will make and take home at least 10 different projects. The scientists are fast paced and funny and your kids will be thoroughly entertained (they'll even learn some interesting things too). We will explore weird motions and flying things, air and water pressure; crazy chemistry, light and sound, science magic, electricity, magnets, astronomy and more. Be prepared for lots of fun stuff. Each child receives a FREE Top-Secret Science T-shirt! A wonderful 6 hours of science each day. Hope to see you there! Monday – Friday --- 9:00am-3:00pm
Session 1 (Gr. K-2): August 15 – August 19
Session 1 (Gr. 3-5): August 22 – August 26 FEE: \$299

ADULT PROGRAMS

SCITUATE REC CYCLING UNLIMITED: Room A202 @ Rec Dept.

(SEE SPRING PROGRAM FOR DESCRIPTION) (11 weeks)

Please note: If summer enrollment is low, class schedule will be adjusted. Please register as soon as possible. UNLIMITED INDOOR CYCLING CLASSES FOR ONLY \$135 -THE ENTIRE SUMMER SESSION!

Under \$2 per class!

Mondays: June 20 – August 29 --- 8:30am – 9:30am, Michelle (NO CLASS 7/4)

Mondays: June 20 – August 29 --- 6:15pm - 7:15pm, Sarah (NO CLASS 7/4)

Tuesdays: June 21 –August 30--- 5:45am - 6:45am, Ellen (NO CLASS 8/9)

Wednesdays: June 22 – August 31--- 8:30am - 9:30am, Maggie

Wednesdays: June 22 – August 31--- 6:30pm - 7:30pm, Sarah (NO CLASS 8/31)

Thursdays: June 23 – September 1--- 5:45am – 6:45am, Ellen (NO CLASS 8/11)

Fridays: June 24 – September 2--- 9:00am – 10:00am, Maggie

Saturdays: June 25 – August 27 --- 8:30am - 9:30am, Stacy

Instructors: Maggie Cadigan, Sarah Lannon, Erin Culbert, Ellen Burke, Stacy Styles, Michelle Gregory



ADULT SAILING –SEE SAILING 2022- PAGE 12 - FOR DESCRIPTION DATES/TIMES.

RISE & SHINE YOGA: Movement Studio @ Gates Middle School. SEE SPRING PROGRAM FOR CLASS DESCRIPTION. Instructor: Michelle Gregory. 9 weeks. Fridays: July 1 – August 26--- 9:00am – 10:00am [FEE: \\$72](#)

STROLLER FIT- Exercise with your Baby: Rotating Outdoor Locations in Scituate. SEE SPRING PROGRAM FOR CLASS DESCRIPTION.

Instructor: Denyce Holley, NASM Certified Personal Trainer. 5 weeks (NO CLASS 7/4).

Mondays: June 13 – July 18 ---9:30am - 10:30am

[FEE: \\$50](#)

LOCATIONS:

Week 1- Town Common (park at Central Field)

Week 4- Scituate Harbor (park Cole Parkway)

Week 2- MacEachern Park (on Driftway)

Week 5- Peggotty Beach (need a beach sticker)

Week 3- Town Common (park at Central Field)

RESTORE THE CORE: Scituate Harbor Community Building. SEE SPRING PROGRAM FOR CLASS DESCRIPTION. Instructor: Denyce Holley, AFAA Certified. (NO CLASS 7/1, 7/5, 8/5, 8/9, 8/16, 8/19).

Tuesdays: June 21– August 30 --- 6:30pm – 7:30pm (8 weeks)

[FEE: \\$64](#)

Fridays: June 24 – August 26 --- 8:30am – 9:30am (7 weeks)

[FEE: \\$56](#)

EXERCISE BALL WORKOUT WITH WEIGHTS: Veteran's Memorial Gym @ Rec Dept. SEE SPRING PROGRAM FOR CLASS DESCRIPTION.

Instructor: Sarah Lannon. 10 weeks.

Sundays: June 26 – August 28 --- 8:00am - 9:00am

Thursdays: June 23 –August 25 --- 7:30am – 8:30am

[FEE: \\$79/session](#)

THERAPEUTIC YOGA: Movement Studio @ Gates Middle School. SEE SPRING PROGRAM FOR CLASS DESCRIPTION. Instructor: Kathleen Picardi, RYT 200hr. 9 weeks.

Thursdays: June 30 – August 25 --- 9:45am-10:45am

[FEE: \\$72](#)

ZUMBA: Multi-Purpose Room @ Rec Dept. SEE SPRING PROGRAM FOR CLASS DESCRIPTION. Instructor: Sarah Dolan. 9 weeks.

Tuesdays: June 21 – August 16 --- 6:00pm-7:00pm

[FEE: \\$72](#)

KARATE (Adults): Room A102 @ Rec Dept. SEE SPRING PROGRAM FOR CLASS DESCRIPTION. Instructor: Dan Reynolds. 10 weeks.

Wednesdays: June 22 - August 24 --- 6:00pm – 7:15pm

[FEE: \\$125](#)

TAI CHI (Adults): Room A102 @ Rec Dept. SEE SPRING PROGRAM FOR CLASS DESCRIPTION. Instructor: Jim Duffey. 10 weeks.

Tuesdays: June 21 – August 23 --- 6:30pm – 7:45pm

[FEE: \\$125](#)

OVER 30 BASKETBALL: Veteran's Memorial Gym at Rec Dept. This program offers adults 30 + an opportunity to play the sport they love in a fun and friendly group. Please register at the Gym when you arrive. Checks payable to "Friends of Scituate Recreation." 13 weeks.

Tuesdays & Thursdays: June 7 – Sept. 1 --- 7:15pm-9:30pm

[FEE: \\$40](#)

WIDOWS WALK ADULT GOLF PROGRAMS – Instructor Ian Kelly

INTRODUCTORY CLINIC – SEE SPRING PROGRAM FOR CLASS DESCRIPTION.

[FEE: \\$110](#)

Thursdays: July 7 – August 4 (Rain date, August 11) 5:30pm – 6:30pm

Thursdays: Sept. 8 – Oct. 6 (Rain date, Oct. 13) 11:00am – 12:00pm

INTERMEDIATE FULL SWING – SEE SPRING PROGRAM FOR CLASS DESCRIPTION.

[FEE: \\$110](#)

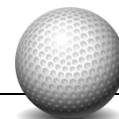
Tuesdays: July 5 – August 2 (Rain date, August 9) 4:30pm – 5:30pm

Thursdays: Sept. 8 – Oct. 6 (Rain date, Oct. 13) 10:00am – 11:00am

SHORT GAME SERIES– SEE SPRING PROGRAM FOR CLASS DESCRIPTION.

[FEE: \\$110](#)

Tuesdays: July 5 – August 2 (Rain date, August 9) 5:30pm – 6:30pm



SAFETY COURSES

Instructor: SMD Associates

**Please note: These classes will not run without reaching minimum capacity.*

AMERICAN HEART ASSOCIATION BLS PROVIDER CPR/AED: Scituate Fire Station, 149 First Parish Rd. This class is appropriate for nurses, doctors, EMT's, and nursing students. Defibrillation, adult, child, and infant CPR for the Healthcare Professional. This is a two-year certification. **Wednesday: August 17 --- 6:30 pm** **FEE: \$70**

AMERICAN HEART ASSOCIATION HEARTSAVER CPR/AED: Scituate Fire Station, 149 First Parish Rd. Designed for the responder who requires a credential card and documenting successful CPR course completion; covers adult, child, infant CPR. This is a two-year certification. **Tuesday: September 13 --- 6:30pm** **FEE: \$70**

ADDITIONAL RECREATION SERVICES

The Recreation Department is responsible for Lifeguard Service for the beaches in the Town of Scituate: **Minot Beach, Peggotty Beach, Egypt Beach, and Humarock Beach.** In addition, the Recreation Department supervises Field Permitting for the: **23 Athletic Fields & facilities, Tennis Courts, PJ Steverman In-Line Skating Rink + Skate Park, Veteran's Memorial Gym, Morrill Memorial Bandstand on Cole Parkway, and Basketball Courts at Kazlousky Park.**

FIELD, BASKETBALL COURT, IN-LINE SKATING RINK OR BANDSTAND PERMITS: If you are interested in using a Town playing field, basketball court, the PJ In-line Skating Rink or the Morrill Bandstand in Cole Parkway permits must be obtained through Scituate Recreation. Applications are available in the office or online at **<http://www.scituatema.gov/>**. For more information please contact Kevin Devin at **kdevin@scituatema.gov**

SHARED COMMUNITY LINKS!

Scituate Sports/Activities Sponsored by Other Town Organizations

C.O.R.S.E. www.corsefoundation.org

(Community of Resources for Special Education)

Scituate Youth Center 781-545-6400 www.scituateyouthcenter.com

SciCoh Sharks Football/Cheerleading www.scicohfootball.com

Scituate Basketball Association www.scituatebasketball.org

Scituate Flag Football www.scituateflagfootball.com

Scituate Girls Softball www.scituategirlssoftball.com

Scituate Knights of Columbus 781-545-9829 www.kofc3716.org/

Scituate Little League www.scituatelittleleague.org

Scituate Lacrosse www.scituatelacrosse.com

Scituate Racquet & Fitness Club 781-545-1184 www.srfclub.com

Scituate Soccer Club www.scituatesoccerclub.com

South Shore Peer Recovery Softball www.southshorepeerrecovery.com

South Shore Seahawks www.southshoreseahawks.org

South Shore Senior Softball League 781-545-8722 www.scituatema.gov/council-on-aging

Widows Walk Golf 781-544-7777 www.widowswalkgolf.com



PROGRAM WAIVERS FOR MAIL-IN REGISTRATIONS ONLY- PLEASE PRINT OUT BOTH PAGES + SEND IN WITH CHECK

Participant Name: _____ Medical Conditions: _____
Email Address: _____ Phone: _____
Address: _____ Town: _____ State: _____ ZIP: _____
Emergency Contact- Name: _____ Relationship: _____ Phone: _____
Selected Programs for Enrollment: _____

RELEASE FROM LIABILITY AND INDEMNITY AGREEMENT (IF OVER 18 MUST FILL OUT)

I, _____, in consideration of my being allowed participate in _____, do forever RELEASE, acquit, discharge and covenant to hold harmless the Town of Scituate ("Town"), a municipal corporation of the Commonwealth of Massachusetts and the Friends of Scituate Recreation, Inc., CORSE Foundation and its successors, departments, officers, employees, servants, volunteers, attorneys and agents, of and from any and all actions, cause of action, claims, demands, costs, loss of services, expenses and compensation on account of or in any way arising out of, directly or indirectly, all known and unknown personal injuries or property damage which I may now or hereafter have or may acquire, resulting or to result from said participation in the aforementioned activities. Furthermore, I hereby agree to protect the Town and its successors, departments, officers, employees, servants, volunteers, attorneys and agents against any claim for damages, compensation or otherwise arising out of or resulting from any injury to any party in connection with said participation in the aforementioned activities and to INDEMNIFY, reimburse or make good to the Town or its successors, departments, officers, employees, servants, volunteers, and agents any loss or damage or costs, including attorneys' fees, which the Town or its representatives may have to pay if any litigation arises from said participation in the aforementioned activities. Permission is granted for any emergency medical treatment needed.
Date: _____ Participant Signature: _____

PARENTAL CONSENT, RELEASE FROM LIABILITY AND INDEMNITY AGREEMENT (IF UNDER 18 PARENT MUST FILL OUT)

I/We, the undersigned father, mother or guardian (circle or insert legal relationship to student, e.g., "parent," "guardian") of _____ (insert name of student) ("my child"), a minor, do hereby consent to my child's participation in voluntary athletic or recreation programs of the Town/ and /or Public Schools of Scituate (hereinafter "the Town"). I/We also agree to forever RELEASE the Town, a municipal corporation of the Commonwealth of Massachusetts, and/or the Public Schools of _____, the School Committee, and all their employees, officers, agents, board members, volunteers, Friends of Scituate Recreation, Inc., CORSE Foundation and any and all individuals and organizations assisting or participating in voluntary athletic or recreation programs of the Town ("the Releases") from any and all claims, actions, rights of action, and causes of action, damages, costs, loss of services, expenses, compensation and attorneys' fees that may have arisen in the past, or may arise in the future directly or indirectly, from known and unknown personal injuries to my child or property damage resulting from my child's participation in the said Town and/or Public School's voluntary athletic or recreation programs which I/we may now or hereafter have as the parent(s) or guardian(s) of said minor child and which said minor child has or hereafter may acquire, either before or after reaching majority. I/We also promise, to INDEMNIFY, REIMBURSE, DEFEND, and HOLD HARMLESS the Releases against any and all legal claims and proceedings of any description that may have been asserted in the past, or may be asserted in the future, directly or indirectly, including damages, costs and attorneys' fees, arising from personal injuries to my child or property damage resulting from my child's participation in the Town and/or Public Schools of _____ voluntary athletic or recreation programs or administration of first aid. I/We further affirm that I/we have read this Parental Consent, Release from Liability and Indemnity Agreement, and that I/we understand the contents of this Agreement. I/We understand that my child's participation in these programs is voluntary and that my child and I/we are free to choose not to participate in said programs. By signing this Agreement, I/we affirm that I/we have decided to allow my child to participate in the Town and/or Public Schools' athletic or recreation programs with full knowledge that the Releases will not be liable to anyone for personal injuries and property damage my child or I/we may suffer in voluntary Town and/or Public School athletic or recreation programs. Permission is granted for any emergency medical treatment needed. **I understand and affirm that by registering my child for a Recreation program, I grant permission for SPS, Scituate Recreation and CORSE to use photographs of my child in CORSE, SPS and/or Scituate Recreation publications, materials and websites.** If there is a need to avoid photos of your child, you must contact recreation@scituatema.gov and put your request in writing. Every effort will be made to avoid photos in regards to this request, but it cannot be guaranteed.

Date: _____ Signature of Parent/Guardian: _____

MAIL-IN REGISTRATIONS ONLY-
RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT

Participant's Name: _____ Participant's Date of Birth: ____/____/____

Parent/Legal Guardian _____

Address: _____ City/State/Zip: _____

Home Phone: _____ Work Phone: _____ Cell Phone: _____

In consideration of being permitted to participate in the _____, (hereinafter "Program") I, the undersigned, on behalf of the participant listed above (hereinafter "Participant"), and for myself, my heirs, personal and/or legal representatives, next of kin, and assigns (hereinafter collectively referred to as "I" or "ME"), hereby:

1. RELEASE, WAIVE, DISCHARGE and COVENANT NOT TO SUE the Town of Scituate, its agents, servants, employees, officials, volunteers, contractors, representatives (hereinafter the "Town") from any and all liability, claims, demands, actions, suits, loss and causes of action whatsoever arising out of or related to any loss, damage, or injury, including, but not limited to, death, illness, injury and/or disease, and including any death, illness, injury and/or disease in any way related to or arising out of the novel coronavirus (COVID-19), that may be sustained by the Participant and/or arising out of or related to the Participant's participation in the Program, regardless of whether they arise in tort, contract, strict liability, or other legal theory.

2. INDEMNIFY, SAVE and HOLD HARMLESS the Town from any and all liability, claims, demands, actions, suits, loss, and causes of action and any cost it may incur, including court costs and attorneys' fees, arising out of or related to the Participant's participation in the Program, regardless of whether they arise in tort, contract, strict liability, or other legal theory.

3. ACKNOWLEDGE that the Participant's participation in the Program may be dangerous and may involve the risk of serious injury and/or illness, including COVID-19, and/or death and CONSENT to the Participant's voluntary participation and ASSUME full responsibility for any risk of loss, death, illness, injury and/or disease which I and/or the Participant may sustain arising out of or related to the Program whether known or unknown and whether caused by the negligence of the Town or otherwise.

4. AGREE that this Release and Waiver of Liability and Indemnity Agreement shall be construed in accordance with the laws of the Commonwealth of Massachusetts and that, in the event any portion of this document is deemed unlawful or unenforceable, said portion shall be severable and the balance of the terms shall continue in full legal force and effect.

5. AGREE that I, the undersigned, am the parent or legal guardian of the Participant. I hereby execute this Release and Waiver of Liability and Indemnity Agreement on the Participant's behalf. I understand that by executing this agreement on behalf of the Participant, I am binding the Participant and ME to the terms of this Release and Waiver of Liability and Indemnity Agreement.

I HAVE READ THIS RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS, INCLUDING MY RIGHTS AND THE RIGHTS OF THE PARTICIPANT BY SIGNING IT, AND HAVE SIGNED IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT, ASSURANCE OR GUARANTEE BEING MADE TO ME AND INTEND MY SIGNATURE TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW.

Parent/Legal Guardian Signature

Date

Parent/Legal Guardian Printed Name

Participant Printed Name